

WalkTexas!

Challenge yourself to ***fitness during the holidays***
by taking the free **10-Week Challenge!**

Join us at the kick-off event with Ballet Austin:



REGISTRATION REQUIRED

Saturday
October 18th, 2008
9:00 – 11:00 a.m.

Ballet Austin's Butler Dance Education Center and Community School
501 West 3rd Street in downtown Austin (corner of 3rd & San Antonio)

Walk Texas – Active Austin Chapter is a **free fitness program** for **anyone** who lives or works in Austin or Travis County, who wants to become more physically active. It includes a 10-Week Challenge, Group Leader Orientation, & incentives.

Group Leaders are community volunteers, age 18 years or older, who **1)** recruit people they know to be on a team (at least 5 to 10 people per team) and check in with their team at least once a week; **2)** participate in the 10-Week Challenge; and **3)** Submit all group member forms before and after the 10-Week Challenge.

Ballet Austin Butler Community School is generously hosting the site for the orientation and providing a **free** Ballet Fit dance class at 9 am. Plus, they are offering ALL Walk Texas participants of the **Oct. – Dec. 2008** Challenge a generous discount on a 10-class card. Classes to choose from include hip hop, jazz, tap, modern, yoga and more.



BALLET FIT

Ballet Fit classes combine the muscle sculpting and abdominal control gained in a regular ballet class with the fun and cardio workout of an aerobics class. Fun, high-energy and non-traditional music. Work, sweat, improve your health, but most importantly meet people and have fun. Ballet Fit is taught by Greg Easley

Free Ballet Fit Class:
9:00 – 10:00 am
Walk Texas 10-Week
Challenge Orientation:
10:15 – 11:00 AM



BALLET
Austin

Join Today!! Participation is FREE!

To register, call **972-5463** or email sabrina.mccarty@ci.austin.tx.us

Walk Texas is coordinated through the Austin/Travis County Health & Human Services
Department - Chronic Disease Prevention & Control Program